朝陽科技大學 099學年度第1學期教學大綱
Water of Leisure Activities 水域休閒活動

當期課號	1387	Course Number	1387
授課教師	張瑞興	Instructor	CHANG,JUI HSING
中文課名	水域休閒活動	Course Name	Water of Leisure Activities
開課單位	休閒事業管理系(四日)二A	Department	
修習別	必修	Required/Elective	Required
學分數	2	Credits	2
課程目標	1使學生熟悉水性 2使學生增加游泳基本技巧 3.使學生增強游泳能力 4.使學生促進游泳休閒樂趣	Objectives	1.Causes the student to be familiar with the river character 2.Causes the student. Increase swimming essential skill 3.Makes the student to strengthen the swimming ability 4.Makes the student to promote the swimming leisure pleasure
教材	自編講義 游泳教學與評量	Teaching Materials	Self material. The swimming teaching with comments the quantity
成績評量方式	出席率 30% 期中測試 30% 期末測試 40%	Grading	attendace 30% Mid-term Exam. 30% Final Exam. 40%
教師網頁	http://www.cyut.edu.tw/~leisure/		
教學內容	1.適應水性 2.培養學生在水中求生技能 3.培養肢體動作之協調性,促進身心均衡發展	Syllabus	1.Adaptation to water. 2.To train student's ability to survive in the water. 3.Training the coordination of body movement and improving develop balanced of physical and mental health.

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